

Disapproval Tension and Resiliency Training



When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.



I: In the **survival mode**, you may have some of the following feelings and thoughts.

You are...

1. Feeling unsafe and unsure of yourself,
2. Having numerous negative thoughts in which you think about one adverse event after another,
3. Feeling sure about decisions with no evidence or reasoning to back up that decision, and you agree with others too quickly,
4. Endorsing a high number of irrational beliefs,
5. Not recognizing that you are being irrational,
6. Not wanting to talk about your problems and conflicts,
7. Not disclosing personal information because you feel ashamed or feel guilty about your actions,
8. Using rationalizations to justify your negative and self-defeating behaviors,
9. Disregarding the costs and consequences of your behavior,
10. Believing you can reach your goals easily,
11. Making decisions too quickly,
12. Being controlled by the situation, i.e., "You piss me off."
13. Thinking and feeling helplessness because no one is addressing your concerns,
14. Finding fault in others, and you blame them for your negative feelings.
15. Feeling hopeless,
16. Believing you *can't* get what you truly want.

Figure 1: Emotional Brain



II: When you feel calm, and your **prefrontal lobe is active**, you know that you are...

1. Learning and being aware of remote but realistic rewards,
2. Overcoming perceptual distractions, (mindfulness: being in the presence),
3. Extracting and comprehending the relevant stimulus and utilizing competitive inhibition,
4. Realizing interests that have an orientation to reality,
5. Consciously and deliberately developing interests and the means to achieve your chosen goals,
6. Restraining and inhibiting following social expectations,
7. Being persistent and giving your best effort (100%) in completing your responsibilities,
8. Willing to prepare and repeat a process (that works), so others reward you,
9. Anticipating and restraining your willfulness,
10. Using your personality resources to reach short-term goals,
11. Implementing your cognitive ability to reach short-term and long-term goals,
12. Ready making decisions in a systematic and orderly fashion,
13. Solves problems with others in a systematic and orderly fashion,
14. Using relatively firm and logical thinking to integrate your resources and address your concerns,
15. Applying reality-orientated thinking and investing your sense of self in integrated your interests.
16. Applying pragmatic and functional thinking to control and develop your concerns and interests,

Figure 2: Prefrontal Lobe - Thinking Brain

(These two lists were adapted from the research and work of Raymond Cattell and Dennis Chilce, *Motivation and Dynamic Structure*; , Holt-Blond, 1975)

Goal: Be familiar with all four forms of Tension. People in survival mode experience (1) Physical Tension, (2) Social Tension, (3) Disapproval Tension, and (4) Projective Tension.

N-SAP Model: Survival Mode:	<i>Evaluative Items</i>	<i>Emotional Items</i>	<i>Executive Functioning Items</i>
<input checked="" type="checkbox"/> Nervous Physical Tension 	Irritable <ul style="list-style-type: none"> You believe you can't control your emotional reactions Insignificant things upset you too much You have a short-temper (and that's a bad thing) 	Restless: <ul style="list-style-type: none"> You feel restless You feel tired too much You feel physical tension, You are unable to relax You feel fatigued, You feel worn out, but you can't get a good rest. 	Edgy <ul style="list-style-type: none"> You are easily upset, feels tense, irritable You are over sensitive, easily hurt emotionally, You are on edge You feel too nervous too often
<input checked="" type="checkbox"/> Social Tension: 	Easily Emotionally Hurt <ul style="list-style-type: none"> You feel misunderstood (feeling hurt) You feel that you can't count on others You feel ignored by others 	Easily Frustrated <ul style="list-style-type: none"> You get angry too quickly You are too impatient You are in a bad mood, You are too moody 	Difficult Making Decisions <ul style="list-style-type: none"> You see yourself as being disorganized You can't decide You put things out of order
<input checked="" type="checkbox"/> Disapproval Tension: 	Lack of Confidence <ul style="list-style-type: none"> You feel down, and dejected, cast down in spirits; You feel down and bummed out Criticism hurts you too much You don't get along with others 	Emotional <ul style="list-style-type: none"> You are fussy You are apprehensive (viewing the future with tension or alarm) You often feel sorry for yourself (excessive self-pity) You believe you can't do anything worthwhile 	Low Self-Esteem: Inadequate <ul style="list-style-type: none"> You feel inadequate, You feel unsure of yourself Small failures upset you too much You feel lonely, You feel worthless
<input checked="" type="checkbox"/> Projected Tension: 	Irritable <ul style="list-style-type: none"> You get irritated at others too easily You are easily annoyed, You are distrustful You use negative mind reading You believe people show off too much 	Intolerant <ul style="list-style-type: none"> You often disagree with others You are intolerant of people because of their size, IQ, race, their religion, etc. You often feel angry at others 	Discloses Little <ul style="list-style-type: none"> You don't like to talk about yourself You are suspicious and mistrustful You don't like to talk with people

Note: these characteristics indicate that you are in survival mode. Please don't use this table to judge yourself or to judge others. Adapted from the work of Raymond Cattell

The ABC Model in discovering your inner resiliency skills:



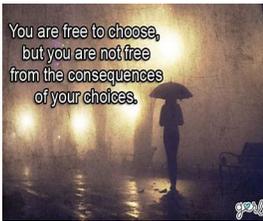
A: Adversity - In this series of worksheets, you will...

- Verbalize your adversities:
- State the conditions, or instances of serious or continued difficulty or adverse fortune;
- Discuss misfortune, difficulty in the past, difficulty occurring now, or
- Anticipated struggle in the future without re-traumatizing yourself.



B: Basic Attitudes - In this series of worksheets, you will...

- Identify your basic attitudes: a mental position with regard to a fact and a feeling or emotion toward that fact.
 - Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
 - Differentiate your beliefs, desires, personal demands and extreme evaluation.
- Identify possible flip of values, such as responsiveness to self-centeredness, etc.



C: Consequences of Basic Attitudes - In this series of worksheets, you will...

- Determine the consequences of the adversity accurately.
- Report tension, feelings depressed and anxiety with short episodes of excessive anger, hurt, depressed, (unhealthy-rigid feelings), etc.
- Recognize your self-defeating behaviors, non-productive ways and see how survival mode of thinking impacts your thinking.
- Verbalize any distorted thinking and misperceptions you may have about the adversity.



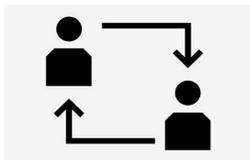
D: Discover New Ways of Thinking, Feeling, and Behaving - In this series of worksheets, you will...

- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted emotions and your sense of resiliency.



E: Exercise & Practice New Attitudes – In this series of worksheets, you will...

- Exercise and practice new attitudes and effective means of addressing adversity;
- Address the adversity and stresses in your life (A),
- Talk about related emotional, behavioral, and cognitive consequences (C);
- Practice desiring without demanding;
- Learn and practice in using non-extreme evaluations;
- Match the five demands of life and how your Higher Values impact on your new vision that will increases your sense of genuine trust and sincere show of respect.



F: Follow Up: In this series of worksheets, you will...

Talk about how your practice (E) went in the past week.

- Complete self-help assignments.
 - Discuss if the assigned self-help assignment improved your social situation and emotional life.
 - Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks, reasonableness, etc. and
- Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.



G: Goal Directed Behavior: In this series of worksheets, you will...

- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.

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Discover new ways of thinking by challenging you Fictional Finalism.

Factual:	relating to facts; true-life; real, realistic; objective; non-fictional; based on your senses
Accurate:	free from error especially as the result of being careful; exact
Correct :	right-wrong; implies taking action to remove errors, faults, deviations, defects,
Testable:	prove or disprove; to apply a test as a means of analysis or diagnosis; measurable assessment; can collect information; can be observed and replicated by others;
Sensible	based on evidence (verification; to be seen: conspicuous; concrete; an outward sign ; something that furnishes proof; sensory: take a picture of, count it, see it; touch it;

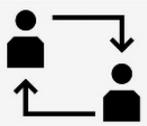
Fact-Fiction	"You <i>are unlovable.</i> "
Factual Q	{} How many people said you are unlovable or you a completely unlovable person? {} How often do they say that about you? {} What is the frequency, duration, and intensity of your unlovable-ness?
Accurate Q	{} How can you measure or clearly define what does "unlovable" mean? {} Can you see the quality of being unlovable, or is it someone's opinion of you or a definition that person invented to categorize you?
Correct Q	{} Is it a correct conclusion that you are unlovable? {} Because you get mad, it makes you 100% unlovable? {} Are you wrong because sometimes you behave lovingly and other times you don't act that way?
Testable Q	{} Can you accurately measure your degree of "unlovable-ness?" {} If somehow you could measure "lovable-ness," could you prove you don't have it (prove the negative; you can prove you throw a rock through a window (broken glass everywhere), but you can't prove you never broke a window). {} Can you prove "unlovable-ness" is a real thing or is it something you invented or other people invented.
Sensible Q	{} Where is the evidence you are unlovable? {} You can count the number of times you act in an unloving way, but you can't touch or measure your "unlovable-ness." You can measure the strength of an opinion, but that does not make your opinion true or false. {} You can't go to the store and buy five pounds of "lovable-ness;"

Disapproval Tension: I can't get along with others because their criticism hurts me too much.

Cheat Sheet #1: I'll never be self-assured or feel happy if people disapprove of me.		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3. (B): Basic Attitude –</p> <ul style="list-style-type: none"> { I'll never be self-assured or feel happy if people don't stop criticizing me. { When people criticize me, bad things happen. { I need people's love and positive attention to be happy. { My only source of pleasure is always feeling cheerful and having self-confidence. 	
	<p>4. (C) Emotional and Behavioral Consequences</p> <ul style="list-style-type: none"> { I feel depressed, worried, and I feel anxious. { I feel miserable. { I feel guilty. { I cry easily. { People must not criticize me. { People's criticism of me proves I can't get along with people { There is something wrong with me. { It is awful and horrible that people criticize me. { I think I can't -but now I can). { I feel lonely and worthless. 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { Is it logical and reasonable that you can only be happy if you get along with people, and they never criticize you? { The idea that "people must never criticize you" is rigid. { You know that giving people only one choice will not work out very well. { You know you are not allowing new information to come into this situation. { You will end up giving in or giving up, and there is no give and take in this situation. { The belief "you don't want people to criticize you too much, but they don't have to do what you wish because you cannot control their choices and it would not serve your self-interest if you did control their every choice" is flexible. { Logically, you cannot derive the rigid belief (People must not) from a flexible understanding. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { Where is the proof, you have to get along with everyone? { There is overwhelming proof that not getting along with people brought you more happiness. { One time, you left a job because you didn't get along with your boss and the next appointment, you got you liked your boss, and the job paid twice the salary. { Criticism can motivate you to improve your behavior and life. 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { Is demanding absolute love and acceptance be helpful to you? No. { For you to get along with people and for you to get what you want, you may be in situations in which you have to disagree with them, confront them, argue with them. { Pragmatically, their criticism may help you at times. { Even though you don't like criticism, it is sometimes helpful to get feedback about how other people see you and rate your performance. { If the objection is constructive and useful to you, then you had better learn how to tolerate such statements.
 <p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { Feeling unsure of ourselves is a way our mind and body is telling us to slow down. It may be time to think about what we value, and are we going in the right way. 	 <p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking</p> <ul style="list-style-type: none"> { You know that no one likes to be rejected or criticized, but to discover meaningfulness and reach the long-term goals you want, you will need to toughen up. { When you work tough, you don't give or wait for meaningfulness to come along and bite you in the ass. You can do some new activities to experience meaningfulness in your life. 	
 <p>10 How Basic Attitude Restricts Uniqueness</p> <ul style="list-style-type: none"> { Feeling unsure of yourself may indicate you are unwilling to try new activities, think differently, and work on feeling otherwise. 	 <p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { Approval and admiration are terrific, but an over-reliance on it to feel good about yourself will restrict your uniqueness. { Getting along with others is different from giving in to their demands or wishes. 	

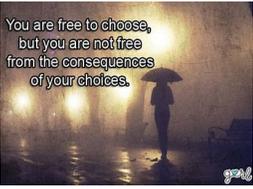
Disapproval Tension: I'll never be self-assured or feel happy if people disapprove of me.

Worksheet#1 I can't get along with others because their criticism hurts me too much.	Date:
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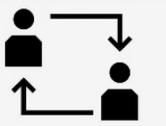
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3. (E): Practice New Way of Thinking</p> <ul style="list-style-type: none"> { You know you are able to see the negative and positive aspects of the loss or failure. { You will be less likely to think of other losses and failures than when depressed. { You will be able to look into the future with hope. (Windy Dryden) 				
	<p>4. (E) Practice New Way of Behaving</p> <ul style="list-style-type: none"> { You will express your sadness, grief, or concerns { You will talk about your feelings and thoughts. { You will discuss your thought and feeling about your loss or failure to signification others. { You will be able to help yourself. (Windy Dryden) 				
 <p>5 (D): Discover Reasonable-Logical Thinking</p>		<p>6 (D): Discover Realistic-Flexible Thinking-</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking</p>		
 <p>8 (D) Discover Meaningfulness:</p>			<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking</p>		
 <p>10 How Basic Attitude Restricts Uniqueness</p>			<p>11 (D) Expanding Your Uniqueness</p>		
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p>11 (E) Exercise: List three ways you can develop your self-confidence?</p>				
	<p>12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
<p>Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.</p>					
	<p>0 Not Helpful</p>	<p>1 A Little Helpful</p>	<p>2 Somewhat Helpful</p>	<p>3 Helpful</p>	<p>4 Very Helpful</p>

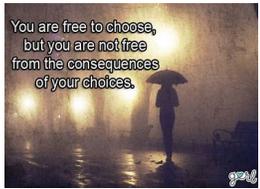
Disapproval Tension: I am inadequate. I feel unsure of myself. I have no self-confidence.

<p>Cheat Sheet#2: I feel inadequate, and I am unsure of myself</p>	<p>Date:</p>
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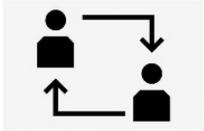
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3 (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } Because I absolutely must have a successful job/marriage, etc. I fear that I will fail again. { } Failing proves I am a complete failure, inadequate and worthless person. { } My only source of pleasure is loved one’s approval. { } I’ll never be successful, which makes me a despicable person. { } I am only a “worthwhile” person if I have self-confidence twenty-four hours a day. 	
	<p>4 (C) Emotional, Cognitive and Behavioral Consequences</p> <ul style="list-style-type: none"> { } I worry about the people who I need will hate me. { } I worry that I will always be a failure. { } I cry easily, and { } my moods easily overcome me. { } I feel lonely, dejected, and worthless. { } I often worry, feel depressed, and feel anxious. { } I feel miserable. { } I feel guilty. { } My family will despise me for my failures, and they must approve of me. { } I feel ambivalent (I think I can’t -but then again, I can – may be), 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { } Is it logical to choose to label yourself a failure if you fail in one or two areas of your life? { } Even you fail at everything, can you still call yourself a complete failure? { } You are illogically connecting “success” with being kind and “failure” with evil. { } If “good” is not identical with “bad,” and you know that “good” excludes or contradicts “bad,” you are logical. { } It is also reasonable for you to see that success and failure are not identical, and success excludes and denies failure. { } Your reasonableness is thrown off track when you tell yourself that “success” is similar to “being good.” 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { } Where is the proof, the evidence, or where is it written that people must get the approval of you? { } There is no proof that people must always like you. { } Even loved ones will not always love you. { } There is no evidence that you must always be successful. { } Can you site a book where it says that life must get what you want? { } Factually, “success” could exclude and contradict “being good.” { } For example, if you are cheating, you are doing a “bad” behavior, and being honest exclude and contradict each other. { } You want to remind yourself that you don’t want to mix up your “personhood” with your good and evil deeds. 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { } If you judge yourself as incompetent, then you will have a higher chance of feeling guilty. { } Will choosing to believe that you are incompetent and have a proneness to feeling guilt – help you or hurt you?
 <p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { } Feeling inadequate is meaningful because you realize you are unable to meet life’s demands. This wakeup call may move you to action. { } With support from others, you can learn to accept yourself unconditionally and learn new skills. 		<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking { } When you are sure of yourself, you start look at difficulties and challenges different.</p> <ul style="list-style-type: none"> { } Confidence helps you to meet life’s demands and help others to do the same.
 <p>10 How Basic Attitude Restricts Uniqueness</p> <ul style="list-style-type: none"> { } You are feeling inadequate may generate feelings of depression and anxiety, so that you may be unwilling to try new ways of thinking and behaving. 		<p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { } Having the confidence to try new behaviors that help you and others will engender a style of your own.

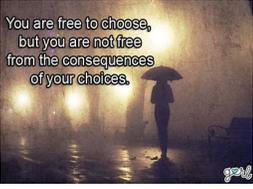
Disapproval Tension: I am inadequate. I feel unsure of myself. I have no self-confidence.

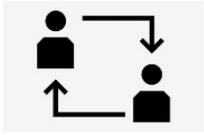
Worksheet#2 I feel insufficient, not good enough, inadequate, incompetent and I can't get what I want.		Date:			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3. (E): Practice A New Way of Thinking</p> <ul style="list-style-type: none"> { You view the situation or threat realistically. (Box 6 in Cheat Sheet) { You realistically appraise your ability to cope with the situation or threat pragmatically (Box 7) { You do not create more negative threats in your mind. { You have more task-relevant thoughts than in feeling inadequate or unsure of yourself. (Windy Dryden) 				
	<p>4 (E) Practice A New Way of Behaving:</p> <ul style="list-style-type: none"> { You face up to the threat or inadequate skill. { You deal with the treat constructively (Windy Dryden) 				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking-		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking	
	10 How Basic Attitude Restricts Uniqueness			11 (D) Expanding Your Uniqueness	
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	11 (E) Exercise: List three ways you can develop self-confidence?				
	12 (G) Goal: What goal did you expect to reach by doing this exercise?				
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.					
	0 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful

Cheat Sheet #3: I am being self-indulgent and dwelling on my sorrows or misfortunes		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3 (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } Because I absolutely must have a successful job/marriage/performance, and there is a possibility that I will fail again. { } Failing proves I am a complete failure, inadequate and worthless person. { } My only source of pleasure is loved one’s approval. { } I’ll never be successful, which makes me a despicable person. { } I am only a “worthwhile” person if I have self-confidence twenty-four hours a day. 	
 <p>You are free to choose, but you are not free from the consequences of your choices.</p>	<p>4 (C) Emotional, Cognitive and Behavioral Consequences</p> <ul style="list-style-type: none"> { } I feel sorry for myself because of all the terrible things that have happened to me. { } I feel ambivalent (I think I can't -but now I can). { } I feel lonely and worthless. { } I feel dejected. { } I often worry, feel depressed, and feel anxious. { } I feel miserable. { } I feel guilty, { } I cry easily, and my moods easily overcome me. { } Bad things must not happen to me. { } Life should be easier, and the world should not be so cruel, unkind, and unfair. { } I have a right to feel sorry for myself because it is awful that life is so painful and cruel to me. { } I need people's love and approval. { } People's love is my only source of pleasure. { } People must unconditionally accept me regardless of my behavior. { } People must be "loving and accepting: of me, regardless of my behavior. 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { } You are illogically connecting "success" with being good and "failure" with bad. { } If "good" is not identical with "bad," and you know that "good" excludes and contradicts "bad," then are you being logical? No! { } It is also logically for you to see that success and failure are not identical, and success excludes and contradicts failure. { } Your reasonableness is thrown off track when you tell yourself that "success" is similar to "being good." { } Logically, "success" could exclude and contradict "being good." { } For example, if you are cheating, you are doing a "bad" behavior, and being honest (being good) excludes and contradicts – lying (doing bad behaviors). { } You want to remind yourself that you don't want to mix up your "personhood" with your good and bad deeds, such as being honest and lying. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { } Where is the proof that you are worthless if people disapprove of you? Where is the evidence that people have to feel sorry for you? { } Is it true that if you judge yourself as incompetent, then you will have a greater chance of not feeling guilty? 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { } Will choosing to believe that you are incompetent and having a proneness to feeling guilt – help you or will it hurt you? { } It will hurt you because you see that (old belief) is untrue, illogical, and impractical, it won't get you what you want, and this belief is destructive and leads to unhealthy negative emotions. { } You'll stop upsetting yourself, your emotional brain sparks unhealthy emotions, and you can alter your thinking to change your toxic emotions.
 <p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { } Feeling sorry for yourself is a time of reflection and not being self-indulgent. { } You want to be thinking about appreciate what you have and thinking about getting what you want. 	 <p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking { } Life will see less meaningful because you are basing your standards of behavior not based on your individuality but by some arbitrary standard of “good and bad,” usually set by someone else. Either you are yourself, or you are imitating someone else. You cannot be yourself and find meaningfulness while needing another person’s love and admiration.</p>	
 <p>10 How Basic Attitude Restricts Uniqueness</p> <ul style="list-style-type: none"> { } Self-indulgent is excessive or unrestrained gratification of your appetites, desires, or whims – not a good thing. 	 <p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { } A degree of self-soothing and self-care is essential, but getting others to provide that comforting can restrict your uniqueness because you are not using your creative power to help yourself 	

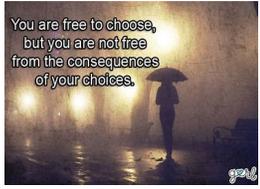
Disapproval Tension: I feel sorry for myself (self-pity).

Worksheet#3 I am being self-indulgent and dwelling on my sorrows or misfortunes				Date:	
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3 (E): Practice A New Way of Thinking</p> <ul style="list-style-type: none"> { } You are realistic about the degree of unfairness of the other person’s behavior. { } You will look at the other person’s behavior as acting badly rather than as uncaring or indifferent. { } You will not see yourself as alone, uncared for, or misunderstood. { } You are less likely to think of past hurts and misfortunes than when your felt hurt. 				
	<p>4 (E) Practice A New Way of Behaving</p> <ul style="list-style-type: none"> { } You start communicating your thoughts, feelings, and concerns. { } You develop social skills to influence the other person to act in a fairer manner. (Windy Dryden) 				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking–		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking	
	10 How Basic Attitude Restricts Uniqueness			11 (D) Expanding Your Uniqueness	
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	11 (E) Exercise: List three ways you can develop self-confidence?				
	12 (G) Goal: What goal did you expect to reach by doing this exercise?				
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.					
	0 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful

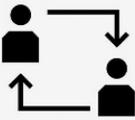
Cheat Sheet #4: People Take Advantage of Me		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3. (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } I must never fail. Failure must not happen to me. { } It is awful if I fail. { } My only source of pleasure is their approval. { } I'll never be successful, which makes me a despicable person. { } I worry that I will always be a failure. I am only a good person if I have self-confidence twenty-four hours a day. 	
 <p>You are free to choose, but you are not free from the consequences of your choices.</p>	<p>4. (C) Emotional, Cognitive and Behavioral Consequences</p> <ul style="list-style-type: none"> { } I feel lonely and worthless. { } I feel dejected. { } I feel miserable. { } I feel guilty. { } I often worry, feel depressed, and feel anxious. { } I cry easily, and my moods easily overcome me. { } Horrible things will happen if people take advantage of me. { } I can't stand it when people take advantage of me. People must not take advantage of me. { } People must be considerate of me and be interested in my interests. { } I need people to help me and not use me. { } If I were not so stupid, then I wouldn't be taken advantage of by other people. 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { } Is it logical to believe that it is awful when people attempt to take advantage of you? Can you derive an extreme position (when people take advantage of you, it is the worst thing that could ever happen) from a non-extreme position (you don't want people to take advantage of you)? { } Extreme is not identical to non-extreme, so it cannot derive an extreme position from a non-extreme position. Either you are in an extreme situation, or you are not in an extreme position. { } You can't be in an extreme position and be in a non-extreme position at the same time. { } If you accept the above observations, then it is not logical to believe that you have to upset yourself to the extreme because people act the way you don't want them to behave in a certain way. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { } When you restrict the range of choices people have, you are unrealistic when you expect people to accept one choice - the one you chose for them? Most people prefer more than one option. { } Realistically, most people will experience more frustration when others give them one choice. { } It is in your nature to love the variety and the freedom to choose. { } When you observe your social world, you notice that people love options. { } Having too few choices can be frustrating, and having too many choices can also be overwhelming. 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { } Are you helpful by giving people one choice? { } When you give people one choice, you get angry with them. The absence of choice brings about more conflicts with other people because the ranges of options are too limited. { } A lack of exceptions and decisions leads to blaming, condemning, and feelings of anger, anxiety, helplessness, or hopelessness. { } When you demand things from others and the world, you are usually giving others "one choice. { } When you give others one option, you restrict problem-solving. { } You decide that there is only one path, and you don't understand another person's course of action. { } This thinking will increase feelings of frustration, resentment, annoyances, bad moods, and stress. { } Demanding that things must go your way will result in unhealthy angry, which usually results in more interpersonal conflicts or violent behavior.
 <p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { } When you feel that people are taking advantage of you, it is meaningful because life is telling you to start standing up for yourself and developing your negotiation skills. 	 <p>9 (D) Discover Meaningfulness</p> <ul style="list-style-type: none"> { } When I am realistic, logical, and rational, I have a greater chance of seeing the meaningfulness of the moment. Reductionistic thinking only forces me to deal with things I have no control over, such as unkind and cruel people. 	
 <p>10 How Basic Attitude Restricts Uniqueness</p> <ul style="list-style-type: none"> { } When you worry if someone is or is not taking advantage of you, you are over focusing on them and not finding new ways to be assertive. 	 <p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { } I never want people to take advantage of me, but it is not horrible. It will bring about many inconveniences, but I'm never a fool for being taken in by unkind and cruel people. 	

Worksheet#4 People take advantage of me				Date:	
	<p>5 (A) Adversity:</p> <p>6 Stresses:</p>				
	<p>4. (E): Practice A New Way of Thinking</p> <ul style="list-style-type: none"> { This attitude will not help you reach your constructive goals. { You want to invest more energy in developing your sense of appreciation and respect without becoming overly self-centered and egotistical. { You will work at developing your sense of physical-healthy self, emotional self, and social self (the various roles you are in, such as brother, sister, mother, father, worker, boss, etc.). 				
	<p>7 (E) Practice A New Way of Behavior</p> <ul style="list-style-type: none"> { You will make a promise to myself that you will stop denying, avoiding, and rationalizing. { You will face your difficulties and see them as challenges. { You will vigorously practice each day, refuting your self-defeating thinking. { Personal and civil rights are a social invention to maintain a free flow of information and commerce. { These rights are not a permission slip to do anything we want. 				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking-		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking	
	10 How Basic Attitude Restricts Uniqueness			11 (D) Expanding Your Uniqueness	
	9 (F) Follow Up: What was the purpose of this exercise?				
	10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?				
	11 (E) Exercise: List three ways you can develop self-confidence?				
	12 (G) Goal: What goal did you expect to reach by doing this exercise?				
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

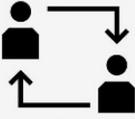
Small failure upset me

Cheat Sheet #5: Small failure upset me		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3. (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } I'll never be self-assured or feel happy if people don't stop criticizing myself. { } When people criticism me, bad things happen. { } I need people's love and positive attention to be happy. { } My only source of pleasure is always feeling cheerful and having self-confidence. 	
 <p>You are free to choose, but you are not free from the consequences of your choices.</p>	<p>4. (C) Emotional and Behavioral Consequences</p> <ul style="list-style-type: none"> { } I feel depressed, worried, and I feel anxious. { } I feel miserable. { } I feel guilty. { } I cry easily. { } People must not criticize me. { } People's criticism of me proves I can't get along with people { } I think that there is something wrong with me. { } It is awful and horrible that people criticize me. { } I think I can't -but now I can). { } I feel lonely and worthless. 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { } Are you reasonable? { } If you go around <i>demanding</i> that people should do this and shouldn't do that, then people will not see me as being unreasonable. { } When you are demanding, you require people to put a lot of time, effort, and attention to your needs. { } Being intolerant of another person's interests, needs, and wants. { } Logically, there is no connection between "one particular solution" that will solve a wide variety of problems and one specific trouble you are facing. General solutions sometimes work, but this is rare. { } Probably, you will have problems solving troubles because you have painted yourself into an emotional corner, which will increase your level of frustration, conflict, and stress. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { } You don't have to be perfect to care about yourself and work at reaching your healthy goals. { } You prefer people to appreciate your efforts and concerns. { } You will probably never like people disapproving of you, but you can accept yourself unconditionally with your flaws and faults. { } You can realize that you have limited influence over people's choices and concerns. { } People's criticism never makes you an incompetent person. Even if people love you, they can still be over-critical and usually honest about your failings. { } This thinking may be bad behavior, but they are not rotten people. (Albert Ellis) 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { } You can vigorously practice each day, refuting your self-defeating thinking. { } You are capable of thinking realistically, and you can still be responsive to others. { } You want to substitute love and kindness for feeling inferior. It is your choice. { } It's unfortunate that people sometimes mistreat you, are inconsiderate, frustrate you, and do hurtful things, and you know that humans are not yet perfect - and getting upset won't change that reality. (Albert Ellis)
 <p>8 (D) Discover Meaningfulness:</p> <p>{ } Being upset about people's disapproval may indicate that life demands that you look at the degree of reciprocity in your relationships. This signal is meaningful because it is opening the door to better relationships.</p>	 <p>9 (D) Discover Meaningfulness in New Ways of Thinking</p> <p>{ } Learning to accept that another person has different feelings, thoughts, and concerns than you. This realization may open some doors to enlightenment and to meaningfulness.</p>	
 <p>. 10 How Basic Attitude Restricts Uniqueness</p> <p>{ } People disapproving of your feelings or behaviors restricts your uniqueness because you are not responding to your feelings but to the feelings of another person, which may or may be helpful to you.</p>	 <p>. 11 (D) Expanding Your Uniqueness</p> <p>{ } You can expand your uniqueness by developing frustration tolerance to another person's different opinion, thoughts, or perspective. Listening, while not always accepting, is a good way of expanding your sense of individuality.</p>	

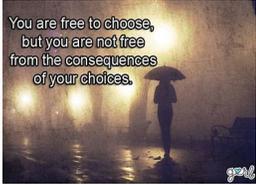
Small failure upset me

Worksheet#5: I don't like to fail, but I am not less of person for trying and failing				Date:	
	<p>10 (A) Adversity:</p> <p>11 Stresses:</p>				
	<p>5. (E): Practice A New Way of Thinking</p> <ul style="list-style-type: none"> { This attitude will not help you reach your constructive goals. { You want to invest more energy in developing your sense of appreciation and respect without becoming overly self-centered and egotistical. { You will work at developing your sense of physical-healthy self, emotional self, and social self (the various roles you are in, such as brother, sister, mother, father, worker, boss, etc.). 				
	<p>12 (E) Practice A New Way of Behavior</p> <ul style="list-style-type: none"> { You will make a promise to myself that you will stop denying, avoiding, and rationalizing. { You will face your difficulties and see them as challenges. { You will vigorously practice each day, refuting your self-defeating thinking. { Personal and civil rights are a social invention to maintain a free flow of information and commerce. { These rights are not a permission slip to do anything we want. 				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking--		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking	
	10 How Basic Attitude Restricts Uniqueness			11 (D) Expanding Your Uniqueness	
	9 (F) Follow Up: What was the purpose of this exercise?				
	10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?				
	11 (E) Exercise: List three ways you can develop self-confidence?				
	12 (G) Goal: What goal did you expect to reach by doing this exercise?				
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.					
	0 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful

Cheat Sheet #6: Self-Reproach and Guilt		Date:	
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
	<p>3. (B): Basic Attitude –</p> <p>{ } When bad things happen, it is all my fault, and I am to blame. { } I must not make any more mistakes. Mistakes must not happen. { } When I make mistakes, I hate myself, and it is revolting that I am so mentally weak. { } I feel ambivalent (I think I can't -but now I can), { } I feel lonely and worthless. { } I feel dejected. { } I often worry, feel depressed, and feel anxious. { } I feel miserable. { } I feel guilty, { } I cry easily, and { } My moods overwhelm me. { } People must get off my back and let me “slide” because if I fail it is because I am unsure of myself. { } I need people to help me, encourage me, support me, and make me feel good about myself. { } People’s approval is my source of genuine happiness and love. { } I’ll never be happy unless people make me feel comfortable.</p>		
	<p>4. (C) Emotional and Behavioral Consequences</p> <p>{ } I feel depressed, worried, and I feel anxious. { } I feel miserable. { } I feel guilty. { } I cry easily. { } People must not criticize me. { } People’s criticism of me proves I can’t get along with people { } It is awful and horrible that people criticize me. { } I think I can’t -but now I can). { } I feel lonely and worthless.</p>		
	<p>5 (D): Discover Reasonable-Logical Thinking</p> <p>{ } Does it follow that because you act reproachable (blameworthy), you are 100% bad and useless? { } Is it illogical to believe that being good and secure depends on fulfilling an arbitrary abstract concept of what “must be?” { } There is a fragile line between an expectation (you hope to do well) and demand (you must do well). { } A preference is not identical to a command. { } Knowing the difference between a demand and a desire, you can see that demands are absolute and limits your choices and other people’s choices, so demands are rigid. { } Plus, you cannot derive a preference (you want to do well) from a rigid-absolute order (you must do well. { } An order excludes and contradicts a preference, so you cannot logically make a demand equal to a choice.</p>	<p></p> <p>6 (D): Discover Realistic-Flexible Thinking–</p> <p>{ } Is your belief realistic when you believe you are utterly worthless because you feel guilty? { } You don’t want to feel bad about what has gone wrong, but everyone experiences positive and negative emotions. { } There is no proof you have been 100% bad in the past, and it is unlikely you’ll be 100% bad in the future. { } Realistically, you have good days and not-so-good days. { } You do not have to have complete and absolute control over what comes down the road, but you do know you can handle it because you’ve dealt with this type of person before. { } If this is an entirely new situation, you truly know you can learn the skills to deal with this new situation.</p>	<p></p> <p>7 (D): Discover Rational-Pragmatic Thinking</p> <p>{ } Is it helpful for you to base your decisions on facts rather than guilt? { } Guilt will interfere with your cognitive abilities because you are over-focused on issues you have no control over. { } You can’t change the past, and you can’t correctly predict the future all the time, and you over-focus on yourself. { } You want to concentrate on doing a particular task perfectly, and you want to improve your skills so you can reach the goals you desire. { } Your increased sense of guilt will interfere with your ability to think realistically and solve problems.</p>
	<p>8 (D) Discover Meaningfulness:</p> <p>{ } Anxiety keeps you on your guard, while if you are “concerned,” you are lulled into a false sense of security. { } You need to feel anxious to be alert to the threat. { } You think anxiety helps you to motivate yourself to do well while “concerns” don’t provide you with much motivation. (Windy Dryden)</p>	<p></p> <p>9 (D) Discover Meaningfulness { } If you don’t feel guilty about your wrongdoing then, you might turn into a psychopath. { } Guilt is evidence that you have a conscience. { } You have no control over your feelings because you are in a dangerous and awful situation. { } If you think you are in a horrible situation, it must mean you are in danger. { } Having negative and unpleasant thoughts means you will do something terrible. { } You need to feel guilty to stay on the straight and narrow (Dryden).</p>	
	<p>10 How Basic Attitude Restricts Uniqueness</p> <p>{ } When I restrict my uniqueness, I can’t stop upsetting myself and using irrational thinking that sparks unhealthy emotions. I can alter my thinking to change my unhelpful emotions.</p>	<p></p> <p>11 (D) Expanding Your Uniqueness</p> <p>{ } Feeling regret is better than feeling rigid guilt because you can show remorse, repair what you did wrong, and ask people to forgive you. With guilt, you will feel bad about yourself.</p>	

	<p>13 (A) Adversity:</p> <p>14 Stresses:</p>				
	<p>6. (E): Practice A New Way of Thinking {} DRYDEN GUILT</p>				
	<p>15 (E) Practice A New Way of Behavior {}</p>				
 <p>5 (D): Discover Reasonable-Logical Thinking</p>		<p>6 (D): Discover Realistic-Flexible Thinking–</p>		<p>7 (D): Discover Rational-Pragmatic Thinking</p>	
 <p>8 (D) Discover Meaningfulness:</p>				<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking</p>	
 <p>10 How Basic Attitude Restricts Uniqueness</p>				<p>11 (D) Expanding Your Uniqueness</p>	
 <p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>					
 <p>11 (E) Exercise: List three ways you can develop self-confidence?</p>					
 <p>12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>					
<p>Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.</p>					
	<p>0 Not Helpful</p>	<p>1 A Little Helpful</p>	<p>2 Somewhat Helpful</p>	<p>3 Helpful</p>	<p>4 Very Helpful</p>

Disapproval Tension: I am fearful and nervous too often

Cheat Sheet #7: I often feel fearful & nervous – too much self-pity		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3. (B): Basic Attitude –</p> <ul style="list-style-type: none"> {} When I feel I am not safe from danger, I have no confidence in myself. {} I think something terrible is going to happen, but I don't know what. {} I must not feel scared – I must not feel. {} I must not feel insecure or unsafe because it demonstrates I am weak. {} Being unsafe is horrible! 	
	<p>4. (C) Emotional and Behavioral Consequences</p> <ul style="list-style-type: none"> {} I feel depressed, worried, and I feel anxious. {} I feel miserable. {} I feel guilty. {} I cry easily. {} In these situations, I feel apprehensive, and people can't depend on me. {} I feel down and dejected {} I am fussy, {} I can't do anything worthwhile {} I feel lonely, worthless, inadequate, 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> {} When you over-focus on your suffering, it will only bring on more suffering. Logically, "pain" and "happiness" are not always the same thing. {} For some people, they view happiness and pain as similar, but these people have other issues. {} Usually, most people are in pain, or they are unhappy, or they are not in pain, and they are happy. {} When you over-focus on your misfortunes, your pain can bring about unhappiness to others. {} If you want a sense of appreciation and respect, playing the martyr won't do it. {} You may get some attention when you are suffering, but the costs of suffering outweigh the benefits of suffering. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> {} It is realistic to believe that because you feel nervous and fearful, you are less than other people are. Because you have innumerable traits, which is a fact, can you realistically rate any single global as a reflection of an overall rating of you? No! {} One trait could be valuable in one situation and but that very same trait can be inappropriate in another situation. {} All situations are not identical, and one trait can exclude and contradict the same characteristic giving a different circumstance or culture. {} Therefore, you cannot logically conclude that one quality can determine your "personhood." {} A personality trait is a resource, and it is not a condemnation or salvation. 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> {} Is this a helpful idea for you to believe that being a martyr will bring happiness? Eliciting sympathy and attention by playing "poor you" will only hurt you in the long run, and you will not experience your potential. Your reasoning will only make this unfortunate event into a catastrophe. When you play the role of martyr, it only brings on a sense of self-pity or develops an exaggerated sense of self-righteousness. It is a fact that there are enough saints. If you become one, then adding another saint to this earth will not help you or help your loved ones.
 <p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> {} A martyr is person who sacrifices something of great value for the sake of principle. {} Are you clear on your values and principles? It may be time to review your values and principles. 	 <p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking</p>	
 <p>10 How Basic Attitude Restricts Uniqueness</p> <ul style="list-style-type: none"> {} You want to remind yourself that when you falsely believe that you <i>have to</i> suffer from being rewarded, it is non-sense because being a martyr does not lead to a greater sense of appreciation and respect that you want. {} Suffering begets more suffering. {} Misery loves company, so if you act miserably, you will only attract miserable people. 	 <p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> {} When people deprive you of love and affection, you can handle such disappointment and regret. {} Playing the martyr will only bring about unnecessary suffering. {} You don't always have to be right, and you don't have to suffer all the time. {} This suffering is a form of a global rating of your sense of self and full of self-reproach. 	



1 (A) Adversity:

2 Stresses:



.3 (E): Practice A New Way of Thinking

- { } This attitude will not help you reach your constructive goals.
- { } You want to invest more energy in developing your sense of appreciation and respect without losing your pride, esteem for doing interesting, worthwhile, and ethical activities.
- { } You will work at developing your sense of physical-healthy self, emotional self, and social self (the various roles you are in, such as brother, sister, mother, father, worker, boss, etc.).



4(E) Practice A New Way of Behavior

- { } You will make a promise to myself that you will stop denying, avoiding, and rationalizing.
- { } You will face your difficulties and see them as challenges.
- { } You will vigorously practice each day, refuting your self-defeating thinking.
- { } . Remember, when you take another person's uniqueness away – you are only restricting your sense of individuality
- { } These rights are not a permission slip to do anything we want.



5 (D): Discover Reasonable-Logical Thinking



6 (D): Discover Realistic-Flexible Thinking--



7 (D): Discover Rational-Pragmatic Thinking



8 (D) Discover Meaningfulness:



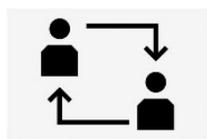
9 (D) Discover Meaningfulness in Discovering New Ways of Thinking



10 How Basic Attitude Restricts Uniqueness



11 (D) Expanding Your Uniqueness



9 (F) Follow Up: What was the purpose of this exercise?

10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?



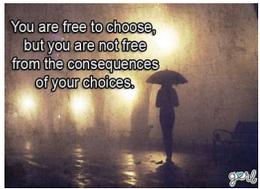
11 (E) Exercise: List three ways you can develop self-confidence?

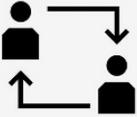


12 (G) Goal: What goal did you expect to reach by doing this exercise?

Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.

	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet #8: I have to feel guilt and see myself as less of a person, so I can correct my behavior		Date:
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
	<p>3. (B): Basic Attitude –</p> <p>{ } When I globally rate myself, I feel apprehensive, insecure, and { } I believe my moods overcome my ability to control my behavior, but I don't know why I think this way. { } I see no connection between my thoughts and feelings. { } I believe that feeling guilty about wrongdoing helps prevent me from breaking my moral code.</p>	
	<p>4. (C) Emotional and Behavioral Consequences</p> <p>{ } I <i>have to</i> feel incredibly bad about my bad behavior.</p> <p>{ } <u>Possible Affective Consequence:</u> I have a general sense of unworthiness and inadequacy. Sometimes I have sudden swings of depressive moods. When I feel apprehensive, self-reproaching, insecure, worried, and troubled, I have a greater chance of feeling anxious, depressed. I feel lonely and hurt; depressive moods; guilt</p> <p>{ } <u>Possible Behavioral Consequence:</u> Don't tell me I'm overreacting – I don't know what is wrong!" "That situation has passed – I just feel lousy." It is no BIG deal, so "Leave me alone!" I will cry easily, feel overcome by my mood, be sensitive to approval and disapproval of others, and I am fussy, scrupulous, meticulous. I'm brooding, act gloomy, and I am pouting too much. I have phobic symptoms.</p> <p>{ } <u>Possible Cognitive Consequence:</u> I judge myself as being inadequate, and I don't have a sense of autonomy when I'm dealing with other people.</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking { } When you punish yourself, is it logical to think that you are an awful person, and this thinking will justify your avoidance? { } You see no logical connection between your ability to put yourself down and your ability to succeed. { } Putting yourself down is not identical with being successful, and putting yourself down can interfere with your ability to be happy and successful. { } It isn't easy to be putting yourself down and to be successful at the same time. { } You place yourself in two extremes, such as "you are picking yourself up, or you are putting yourself down."</p>	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <p>{ } Is your belief realistic when you believe you are utterly worthless because you feel guilty? { } You don't want to feel bad about what has gone wrong, but everyone experiences positive and negative emotions. { } There is no proof you have been 100% bad in the past, and it is unlikely you'll be 100% bad in the future. { } Realistically, you have good days and not-so-good days. { } You do not have to have complete and absolute control over what comes down the road, but you do know you can handle it because you've dealt with this type of person before. { } If this is an entirely new situation, you truly know you can learn the skills to deal with this new situation.</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking { } Is it helpful for me to base your decisions on facts? { } Guilt will interfere with your cognitive abilities because you are over-focused on issues you have no control over. { } You can't change the past, and you can't correctly predict the future all the time. { } You don't want to be focusing on yourself all the time. { } You want to concentrate on doing a particular task perfectly, and you want to improve your skills so you can reach the goals you desire. { } Your increased sense of guilt will interfere with your ability to think realistically and solve problems.</p>
	<p>8 (D) Discover Meaningfulness:</p> <p>{ } Guilt is meaningful because someone or something is telling you that you had better change something about your life. It can move to actualize your higher values.</p>	
 <p>10 How Basic Attitude Restricts Uniqueness</p> <p>{ } You want to realize your sense of guilt-proneness is illogical, unrealistic, and not helpful. You want to realize your sense of guilt-proneness is illogical, unrealistic, and not helpful. In other words, this unhealthy emotion will de-actualize your goals. You want to invest more energy in developing your sense of appreciation and respect without becoming overly self-centered and egotistical. In other words, this unhealthy emotion will de-actualize your goals. You want to invest more energy in developing your sense of appreciation and respect without becoming overly self-centered and egotistical.</p>	 <p>9 (D) Discover Meaningfulness</p> <p>{ } Spending so much time and energy pleasing others or bending to their will interfere with your ability to see what is really important in your life – other than pleasing others.</p>  <p>11 (D) Expanding Your Uniqueness</p> <p>{ } You will make a promise to yourself that you will stop denying, avoiding, and rationalizing. { } This will help you expand your uniqueness and help you face your difficulties and see them as challenges. { } You will vigorously practice each day, refuting your self-defeating thinking. { } You want people to see me as a serious, earnest, and sincere person.</p>	

Worksheet#8: I don't like to fail, but I am not less of person for trying and failing				Date:	
	<p>1 (A) Adversity:</p> <p>2 Stresses:</p>				
	<p>.3 (E): Practice A New Way of Thinking</p> <p>{ This attitude will not help you reach your constructive goals.</p> <p>{ You want to invest more energy in developing your sense of appreciation and respect without losing your pride, esteem for doing interesting, worthwhile, and ethical activities.</p> <p>{ You will work at developing your sense of physical-healthy self, emotional self, and social self (the various roles you are in, such as brother, sister, mother, father, worker, boss, etc.).</p>				
	<p>4(E) Practice A New Way of Behaving</p> <p>{ You will make a promise to myself that you will stop denying, avoiding, and rationalizing.</p> <p>{ You will face your difficulties and see them as challenges.</p> <p>{ You will vigorously practice each day, refuting your self-defeating thinking.</p> <p>{ Remember, when you take another person's uniqueness away – you are only restricting your sense of individuality</p> <p>{ These rights are not a permission slip to do anything we want.</p>				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking–		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking	
	10 How Basic Attitude Restricts Uniqueness			11 (D) Expanding Your Uniqueness	
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	11 (E) Exercise: List three ways you can develop self-confidence?				
	12 (G) Goal: What goal did you expect to reach by doing this exercise?				
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.					
	0 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful